

1 WIN WAY

BETHESDA, MD

20892-3665

e-mail:

WIN@info.niddk.nih.gov

phone:

(202) 828-1025

fax:

(202) 828-1028

toll-free number:

1-877-946-4627

internet:

www.niddk.nih.gov/
health/nutrit/nutrit.htm

Publications List

The following materials are available from the Weight-control Information Network (WIN), a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health (NIH). Authorized by Congress (Public Law 103-43), WIN provides the general public, health professionals, the media, and Congress with up-to-date, science-based health information on weight control, obesity, physical activity, and related nutritional issues.

Publications provided by WIN are reviewed for scientific accuracy, content, and readability. Materials produced by other sources are also reviewed for scientific accuracy. Please use the attached forms to order publications.

Fact Sheets

The following fact sheets provide information about obesity and related issues. Consumers are encouraged to share this information with their health care providers.

Binge Eating Disorder

Revised 2000, 6 pages. (WIN-00-3589)

Choosing a Safe and Successful Weight-loss Program

*Revised 2003, 3 pages (photocopy).
(WIN-03-3700)*

Dieting and Gallstones

*Revised 2002, 4 pages (photocopy).
(WIN-02-3677)*

Gastrointestinal Surgery for Severe Obesity

Revised 2001, 6 pages. (WIN-01-4006)

Medical Care for Obese Patients

2003, 5 pages. (WIN-03-5335)

Prescription Medications for the Treatment of Obesity

*Revised 2000, 11 pages (photocopy).
(WIN-97-4191)*

Physical Activity and Weight Control

*Revised 2003, 4 pages (photocopy).
(WIN-03-4031)*

Statistics Related to Overweight and Obesity

*Revised 2003, 12 pages (photocopy).
(WIN-03-4158)*

Understanding Adult Obesity

*Revised 2001, 4 pages (photocopy).
(WIN-01-3680)*

Very Low-Calorie Diets

*Revised 2003, 2 pages (photocopy).
(WIN-03-3894)*

Weight and Waist Measurement: Tools for Adults

Reprinted 2004, 3 pages. (WIN-04-5283)

Weight Cycling

Revised 2001, 2 pages. (WIN-01-3901)

Weight-loss and Nutrition Myths

Revised 2004, 5 pages. (WIN-04-4561)



Consumer Pamphlets

The following consumer information presents the causes, health risks, management tools, and treatments for people who are overweight or obese.

Active at Any Size

Revised 2004, 20 pages. (WIN-04-4352)

Do You Know the Health Risks of Being Overweight?

1999, 10 pages (photocopy). (WIN-98-4098)

Helping Your Overweight Child

Revised 2004, 4 pages. (WIN-04-4096)

Improving Your Health: Tips for African American Men and Women

2001, 22 pages. (WIN-01-3494)

Just Enough for You: About Food Portions

2003, 14 pages. (WIN-03-5287)

Take Charge of Your Health!

A Teenager's Guide to Better Health

Revised 2001, 15 pages (photocopy). (WIN-01-4328)

Walking...A Step in the Right Direction

Revised 2001, 8 pages. (WIN-01-4155)

Weight Loss for Life

Revised 2004, 12 pages. (WIN-04-3700)

You Can Control Your Weight as You Quit Smoking

Revised 2003, 4 pages (photocopy). (WIN-03-4159)

Sisters Together: Move More, Eat Better Publications

Sisters Together: Move More, Eat Better is an initiative designed to encourage black women ages 18 and over to maintain a healthy weight by becoming more physically active and eating healthier foods. Materials include a program guide and informational pamphlets for consumers.

Celebrate the Beauty of Youth!

Revised 2004, 2 pages. (WIN-04-4903)

Energize Yourself and Your Family

Revised 2004, 15 pages. (WIN-04-4926)

Fit and Fabulous as You Mature

2001, 14 pages. (WIN-01-4927)

Sisters Together: Move More, Eat Better Program Guide 1999, 40 pages. (only available on the web) (WIN-99-3329)

Healthy Eating & Physical Activity Across Your Lifespan

This four-part series for consumers provides information on the benefits of eating well, tips for healthy eating, and tips on becoming physically active. These publications are also available in Spanish (see Consumer Publications in Spanish.)

Helping Your Child (Tips for Parents)

Reprinted 2004, 20 pages. (WIN-04-4955)

Better Health and You (Tips for Adults)

Revised 2004, 24 pages. (WIN-04-4992)

Young at Heart (Tips for Older Adults)

2002, 24 pages. (WIN-02-4993)

Fit for Two (Tips for Pregnancy)

2002, 25 pages. (WIN-02-5130)

Consumer Publications in Spanish

Caminar. . .Un paso en la dirección correcta (Walking. . .A Step in the Right Direction)

2003, 5 pages. (WIN-03-5382s)

Cómo Alimentarse y Mantenerse Activo Durante Toda La Vida (Healthy Eating and Physical Activity Across the Lifespan)

This four-part series for consumers and health care providers offers culturally appropriate information about healthy eating and physical activity.

Cómo ayudar a su hijo (Helping Your Child)

2001, 23 pages. (WIN-02-4955s)

Cómo mejorar su salud: consejos para adultos (Tips for Adults)

2002, 26 pages. (WIN-02-4992s)

Consejos para la futura mamá (Tips for Pregnancy)

2003, 30 pages. (WIN-02-5130s)

Sugerencias para personas mayores (Tips for Older Adults)

2002, 30 pages. (WIN-03-4993s)

WIN Notes

WIN Notes is an electronic newsletter that features information from NIDDK and other organizations about obesity, weight control, physical activity, and weight-related nutritional disorders.

To subscribe to WIN Notes, send an e-mail to LISTSERV@LIST.NIH.GOV with the message, "subscribe WIN-Notes_NIDDK-L" (without the quotation marks) and your name. Be sure the message is in the body of your email, not the subject line.

Other

Long-term Pharmacotherapy in the Management of Obesity

JAMA, Vol. 276, No. 23; 1996, 9 pages.

Strategic Plan for NIH Obesity Research **NEW!**

2004, 95 pages. (NIH-04-5493)

WIN Photocopy-reproducible Masters Order Form

To order photocopy-reproducible masters, indicate the title(s) you would like, fill out mailing information, and return to WIN at the address listed below. Single copies are free; no bulk orders.

- ☐ Active at Any Size (WIN-04-4352)
- ☐ Binge Eating Disorder (WIN-00-3589)
- ☐ Choosing a Safe and Successful Weight-loss Program (WIN-03-3700)
- ☐ Dieting and Gallstones (WIN-02-3677)
- ☐ Do You Know the Health Risks of Being Overweight? (WIN-98-4098)
- ☐ Gastrointestinal Surgery for Severe Obesity (WIN-01-4006)
- ☐ Helping Your Overweight Child (WIN-04-4096)
- ☐ Improving Your Health: Tips for African American Men and Women (WIN-01-3494)
- ☐ Just Enough for You: About Food Portions (WIN-03-5287)
- ☐ Medical Care for Obese Patients (WIN-03-5335)
- ☐ Physical Activity and Weight Control (WIN-03-4031)
- ☐ Take Charge of Your Health! (for teenagers) (WIN-01-4328)
- ☐ Understanding Adult Obesity (WIN-01-3680)
- ☐ Very Low-Calorie Diets (WIN-03-3894)
- ☐ Weight and Waist Measurement: Tools for Adults (WIN-04-5283)
- ☐ Weight Cycling (WIN-01-3901)
- ☐ Weight-loss and Nutrition Myths (WIN-04-4561)

- ☐ Weight Loss for Life (WIN-04-3700)
- ☐ You Can Control Your Weight as You Quit Smoking (WIN-03-4159)

Sisters Together: Move More, Eat Better

- ☐ Celebrate the Beauty of Youth! (WIN-04-4903)
- ☐ Energize Yourself and Your Family (WIN-04-4926)
- ☐ Fit and Fabulous as You Mature (WIN-01-4927)
- ☐ Walking...A Step in the Right Direction (WIN-01-4155)

Healthy Eating & Physical Activity Across Your Lifespan

- ☐ Helping Your Child (Tips for Parents) (WIN-04-4955)
- ☐ Better Health and You (Tips for Adults) (WIN-04-4992)
- ☐ Young at Heart (Tips for Older Adults) (WIN-02-4993)
- ☐ Fit for Two (Tips for Pregnancy) (WIN-02-5130)

Cómo Alimentarse y Mantenerse Activo Durante Toda La Vida

- ☐ Cómo ayudar a su hijo (Helping Your Child) (WIN-02-4955s)
- ☐ Cómo mejorar a su salud: consejos para adultos (Tips for Adults) (WIN-02-4992s)
- ☐ Consejos para la futura mamá (Tips for Pregnancy) (WIN-02-5130s)
- ☐ Sugerencias para personas mayores (Tips for Older Adults) (WIN-02-4993s)

Please type or print.

Name	Title		
Organization	Phone		
Address			
City	State	Zip Code	

Send this order form to:
Weight-control Infor-

mation Network
1 WIN WAY
BETHESDA, MD 20892-3665

Phone: (202) 828-1025
Fax: (202) 828-1028
Toll-free number: (877) 946-4627

E-mail:
WIN@info.niddk.nih.gov

WIN Publications Order Form

To order publications, complete this form indicating item(s) and quantity desired, fill out mailing information, and return to WIN at the address listed below. **A total order of up to 25 publications is free.** To cover postage and handling for a total order of more than 25 publications, send a check or money order in the appropriate amount (see fees below) payable to: Weight-control Information Network. **Limit 300 publications.** (*For publications available as photocopies only, please order single copies.*) All orders must be prepaid. Most of these materials are online at: www.niddk.nih.gov/health/nutrit/nutrit.htm.

Fact Sheets*

- ☐ Binge Eating Disorder (WIN-00-3589)
- ☐ Choosing a Safe and Successful Weight-loss Program (WIN-03-3700) [photocopy]
- ☐ Dieting and Gallstones (WIN-02-3677) [photocopy]
- ☐ Gastrointestinal Surgery for Severe Obesity (WIN-01-4006)
- ☐ Medical Care for Obese Patients (WIN-03-5335)
- ☐ Physical Activity and Weight Control (WIN-03-4031) [photocopy]
- ☐ Prescription Medications for the Treatment of Obesity (WIN-97-4191) [photocopy]
- ☐ Statistics Related to Overweight and Obesity (WIN-03-4158) [photocopy]
- ☐ Understanding Adult Obesity (WIN-01-3680) [photocopy]
- ☐ Very Low-Calorie Diets (WIN-03-3894) [photocopy]
- ☐ Weight and Waist Measurement: Tools for Adults (WIN-04-5283)
- ☐ Weight Cycling (WIN-01-3901)
- ☐ Weight-loss and Nutrition Myths (WIN-04-4561)

Consumer Pamphlets*

- ☐ Active at Any Size (WIN-04-4352)
- ☐ Do You Know the Health Risks of Being Overweight? (WIN-98-4098) [photocopy]
- ☐ Helping Your Overweight Child (WIN-04-4096)
- ☐ Improving Your Health: Tips for African American Men and Women (WIN-01-3494)
- ☐ Just Enough for You: About Food Portions (WIN-03-5287)
- ☐ Take Charge of Your Health! A Teenager's Guide to Better Health (WIN-01-4328) [photocopy]
- ☐ Walking...A Step in the Right Direction (WIN-01-4155)
- ☐ Weight Loss for Life (WIN-04-3700)

- ☐ You Can Control Your Weight as You Quit Smoking (WIN-03-4159) [photocopy]

Healthy Eating & Physical Activity Across Your Lifespan

(Also available in Spanish, see Consumer Publications in Spanish)

- ☐ Helping Your Child (Tips for Parents) (WIN-04-4955)
- ☐ Better Health and You (Tips for Adults) (WIN-04-4992)
- ☐ Young At Heart (Tips for Older Adults) (WIN-02-4993)
- ☐ Fit for Two (Tips for Pregnancy) (WIN-02-5130)

Sisters Together: Move More, Eat Better Publications*

- ☐ Celebrate the Beauty of Youth! (WIN-04-4903)
- ☐ Energize Yourself and Your Family (WIN-04-4926)
- ☐ Fit and Fabulous as You Mature (WIN-01-4927)

Consumer Publications in Spanish*

- ☐ Caminar...Un paso en la dirección correcta (WIN-03-5382s)

Cómo Alimentarse y Mantenerse Activo Durante Toda La Vida

- ☐ Cómo ayudar a su hijo (WIN-02-4955s)
- ☐ Cómo mejorar su salud: consejos para adultos (WIN-02-4992s)
- ☐ Consejos para la futura mamá (WIN-02-5130s)
- ☐ Sugerencias para personas mayores (WIN-03-4993s)

Other (single copies only—no bulk orders)

- ☐ Long-term Pharmacotherapy in the Management of Obesity (reprint)
- ☐ Strategic Plan for NIH Obesity Research (NIH-04-5493) **NEW!**

Foreign Mailing Policy: Bulk orders must be prepaid in U.S. dollars. Copies of WIN Notes and bulk orders may be mailed only to locations in the United States and U.S. Territories.

*These publications are not copyrighted. You are encouraged to duplicate and distribute these items.

_____ **Total No. of Items Ordered** (If more than 25 items, please send a check for postage and handling in the amount listed below. For publications available as photocopies only, please order single copies.)

Name _____ Title _____
Organization _____ Phone _____
Address _____
City _____ State _____ Zip Code _____

Postage/Handling Fees

No. of items	Cost
1-25	FREE
26-99	\$20
100-249	\$30
250-300*	\$60

* New maximum quantity

4

Send this order
form to:

Weight-control Information Network
1 WIN WAY
BETHESDA, MD 20892-3665

Phone: (202) 828-1025
Fax: (202) 828-1028
Toll-free number: (877) 946-4627

E-mail:
WIN@info.niddk.nih.gov